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December 28, 1999

Office of Special Nutritionals
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, SW (HFS-450)
Washington, D.C. 20204



Dear Sir or Madam:

This letter will serve as a 30 day notification pursuant to Section 6 of the Dietary Supplement Health and Education Act of 1994 that NBTY Inc. is using the following statement on our Branched Chain Amino Acids 1800 supplement under one or more of the following brand names: American Health, Body Fortress, Good 'N Natural, Health's Finest, Heartland, Hudson, Life's Finest, Natural Wealth, Nature's Bounty, Nutrition Headquarters, Nutrition Warehouse, Puritan's Pride, US Nutrition and Vitamin World:

Branched Chain Amino Acids help support muscle nitrogen and a free amino acid pool during exercise. Branched Chain Amino Acids 1800 comes in convenient softgels and is designed to help support protein anabolism in muscle tissue.

The above statements are accompanied by the required disclaimer pursuant to Section 6 of the Dietary Supplement Health and Education Act.

Sincerely,

Ona Scandurra, MS, RD
Director of Nutrition Communications

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